



City of Seattle

Seattle Human Services Department

Mayor's Office for Senior Citizens

Mayor Greg Nickels

Handy Resources for Seniors and Adults with Disabilities

The Gold Card for Healthy Aging and FLASH (Fun Leisure Access Savings and Health) Card are handy resources for seniors and adults with disabilities.

Who: Residents of the Seattle area 60 years of age or older and adults with disabilities may be eligible to receive a free Gold Card or FLASH Card.

What: Both cards provide easy access to information and assistance as well as discounts on admissions to museums and special events; reduced fees for services; discounts on pet licenses and adoptions; registration at senior nutrition sites; and discounts from businesses, restaurants, theaters, and professional service providers throughout the greater Seattle area. Benefits are listed in a Special Discounts Directory, available online at www.seattle.gov/humanservices/seniorsdisabled/mosc/SpecialDiscountsDirectory.pdf.

Where: Gold and FLASH Cards are available at the Mayor's Office for Senior Citizens, your nearest Neighborhood Service Center; Seattle Parks and Recreation community centers; Seattle Animal Control; the Urban League of Metropolitan Seattle. For more information, contact:

Mayor's Office for Senior Citizens
Central Building Suite 350

810 Third Avenue (3rd & Columbia, in downtown Seattle)

TEL (206) 684-0500 • TTY (206) 223-2778

WEB www.seattle.gov/humanservices/seniorsdisabled/mosc/